

June Calendar of Virtual Events

Monday	Tuesday	Wednesday	Thursday	Friday
Shake Your Soul @ 11:00am https://bit.ly/bcarcsys Mindful Monday @ 4:00pm https://bit.ly/bcarcmindful 1	Trivia Tuesday @ 3:00pm https://bit.ly/bcarctrivia 2	Wheelchair Workout @ 10:30am https://bit.ly/bcarcworkout Zooming Through America @ 11:00am https://bit.ly/bcarctravel 3	Book Club @ 3:00pm https://bit.ly/bcarcbooks 4	Mindfulness @ 1:00pm https://bit.ly/bcarcmindfulfri 5
Shake Your Soul @ 11:00am https://bit.ly/bcarcsys Mindful Monday @ 4:00pm https://bit.ly/bcarcmindful 8	Trivia Tuesday @ 3:00pm https://bit.ly/bcarctrivia 9	Wheelchair Workout @ 10:30am https://bit.ly/bcarcworkout Zooming Through America @ 11:00am https://bit.ly/bcarctravel 10	Book Club @ 3:00pm https://bit.ly/bcarcbooks 11	Mindfulness @ 1:00pm https://bit.ly/bcarcmindfulfri 12
Shake Your Soul @ 11:00am https://bit.ly/bcarcsys Mindful Monday @ 4:00pm https://bit.ly/bcarcmindful 15	Trivia Tuesday @ 3:00pm https://bit.ly/bcarctrivia 16	De-escalation Skills Training @ 9:00am https://bit.ly/deescalationskills Wheelchair Workout @ 10:30am https://bit.ly/bcarcworkout Zooming Through America @ 11:00am https://bit.ly/bcarctravel 17	Book Club @ 3:00pm https://bit.ly/bcarcbooks Pajama Dance Party @ 6:00pm https://bit.ly/bcarcdance 18	DIY 30 Minute Meals 12:30pm https://bit.ly/diyemeals Mindfulness @ 1:00pm https://bit.ly/bcarcmindfulfri 19
Shake Your Soul @ 11:00am https://bit.ly/bcarcsys Mindful Monday @ 4:00pm https://bit.ly/bcarcmindful 22	Trivia Tuesday @ 3:00pm https://bit.ly/bcarctrivia 23	Wheelchair Workout @ 10:30am https://bit.ly/bcarcworkout Zooming Through America @ 11:00am https://bit.ly/bcarctravel 24	Know Your Vote @ 11:30am https://bit.ly/bcarcvote Book Club @ 3:00pm https://bit.ly/bcarcbooks 25	Mindfulness @ 1:00pm https://bit.ly/bcarcmindfulfri 26
Shake Your Soul @ 11:00am https://bit.ly/bcarcsys Mindful Monday @ 4:00pm https://bit.ly/bcarcmindful 29	Trivia Tuesday @ 3:00pm https://bit.ly/bcarctrivia 30			

All Virtual Events Are Free of Cost, Simply Click the Link to Join the Zoom Session
 For questions please contact Sonja Stewart at sstewart@bcarc.org or 413-464-7262 ext. 15